

# Calcium is the key to healthy bones

Calcium is one of the most important minerals to include in our diets, but many people don't consume enough of it. Getting an insufficient amount of calcium can weaken your bones over time and lead to the development of osteoporosis later in life.

## Stand strong against osteoporosis

Osteoporosis is a disease of the skeletal system characterized by low bone mass and deterioration of bone tissue. Osteoporosis can lead to an increased risk of bone fractures, typically in the wrist, hip and spine.

By eating calcium-rich foods and doing just 30 minutes of weight-bearing exercise each day\*, you can build stronger bones, which may help prevent the development of osteoporosis.

Some foods that are good sources of calcium include:

- Dairy products.
- Nuts.
- Green vegetables.

## Steps toward early detection

Because osteoporosis has no symptoms when the disease is in its early stages, prevention and early detection are extremely important. It is recommended that women ages 65 years and older and men ages 70 years and older be screened routinely for osteoporosis.

Horizon Blue Cross Blue Shield of New Jersey is committed to providing you with the information you need to help you make smart health care decisions. It's just one more way we are *Making Healthcare Work* for you.

Information courtesy of the National Osteoporosis Foundation. For more information, visit <[www.nof.org](http://www.nof.org)>.

**Please note:** Preventive care services and screenings are only covered when rendered by an in-network physician or health care professional.

\*Always consult your physician before beginning a new exercise program or changing your diet.



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